

FEBRUARY 2023

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 _____ Take a walk.	2 _____ Look at the label of any food. Do a sit-up for each ingredient you can't pronounce.	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ When watching TV today, stand up and move during commercials.
5 _____ Do as many curl-ups as you can.	6 _____ Pick an exercise and perform 1 set of 25 repetitions.	7 _____ Say your math facts while doing reverse lunges.	8 _____ Take a walk.	9 _____ Think of what a healthy breakfast is while balancing on 1 foot.	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ When watching TV today, stand up and move during commercials.
12 _____ Do as many trunk lifts as you can.	13 _____ Pick an exercise and perform 1 set of 25 repetitions.	14 _____ Do push-up shoulder taps while reciting your spelling words.	15 _____ Take a walk.	16 _____ Think of many different vegetables while holding a plank.	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ When watching TV today, stand up and move during commercials.
19 _____ Do as many squats as you can.	20 _____ Pick an exercise and perform 1 set of 25 repetitions.	21 _____ Perform squat-jumps while naming the continents.	22 _____ Take a walk.	23 _____ Name out loud the 5 different food groups and then do 5 squat-thrusts.	24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	25 _____ When watching TV today, stand up and move during commercials.
26 _____ Do as many push-ups as you can.	27 _____ Pick an exercise and perform 1 set of 25 repetitions.	28 _____ Read a book while doing a wall sit.				

DEAM Days:

- "Super Sunday"
- "Move More Monday"
- "Two-on Tuesday"
- "Walking Wednesday"
- "Think-It Thursday"
- "Flexibility Friday"
- "Sit-less Saturday"

Please Remember

> Always get adult permission before doing any activity.

> Return calendar to your teacher at the end of the month.

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).

Directions:

After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).